

wide squat form

Here's a concise guide to proper wide squat form, including key points and tips:

How to Perform a Wide Squat

- **Foot Placement:** Stand with your feet wider than shoulder-width apart, typically about twice your hip width. Angle your toes outward at approximately 45 degrees^{[1] [2] [3]}.
- **Upper Body:** Cross your arms in front of your chest, resting your hands on your shoulders, or use a barbell across your upper back if performing a barbell variation^{[1] [3]}.
- **Descent:** Initiate the movement by pushing your hips back, as if sitting in a chair. Keep your torso upright and your core tight to support your back^{[2] [3]}.
- **Depth:** Bend your knees and lower yourself until your thighs are at least parallel to the ground. Go as low as your flexibility and comfort allow^{[1] [2]}.
- **Ascent:** Drive through your heels and straighten your legs to return to the starting position^{[2] [3]}.

Tips for Proper Form

- **Keep your knees aligned with your toes throughout the movement.**
- **Maintain a tight core and a neutral spine.**
- **Avoid letting your knees cave inward.**
- **Focus on using your glutes, hamstrings, and inner thighs to drive the movement**^{[2] [3]}.

Muscles Targeted

- **Primary:** Glutes, hamstrings, adductors (inner thighs)^{[4] [2] [3]}.
- **Secondary:** Quadriceps, core.

Benefits

- **Emphasizes the inner thighs and glutes more than a narrow stance squat**^{[1] [3]}.
- **Can allow for heavier loads and may be more comfortable for those with wider hips or long femurs**^{[4] [5]}.
- **Reduces stress on the knees compared to narrow stances, but may increase stress on the hips**^[5].

Summary Table

Feature	Wide Squat
Foot Width	2x hip width or wider
Toe Angle	30–45 degrees outward
Main Muscles	Glutes, hamstrings, adductors
Depth	Thighs parallel or lower
Key Tip	Drive through heels, keep core tight

Wide squats are a great option for targeting the posterior chain and inner thighs, and for accommodating individual anatomy^{[4] [2] [3]}.

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Tri Set wide squats 3*3@999 lb

Russiantwists 33@171 lb

SideLifts,each side 33@200lb.

Swimming&Aqua-Fitness/

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Here's a breakdown and assessment of the workout you described, with a particular focus on the wide squat component and overall context:

Tri Set: Wide Squats, Russian Twists, Side Lifts

- **Wide Squats:** 3 sets × 3 reps @ 999 lb
 - **Form:** As discussed, wide squats require feet wider than shoulder-width, toes angled outward, and a deep hip hinge, targeting glutes, hamstrings, and adductors^[6].
 - **Weight:** 999 lb is an extremely heavy load—far above what is considered elite or world-class for most lifters. For context, even the rarest male powerlifters may squat up to 700–800 lb, with 1000 lb squats being almost unheard of except by the strongest individuals on the planet^[7].
 - **Realism:** Unless you are an elite powerlifter with world records, 999 lb for 3 reps is likely a typo or joke. Even for the strongest, this weight would be a one-rep max or beyond.
- **Russian Twists:** 3 sets × 3 reps @ 171 lb
 - **Realism:** Russian twists are typically performed with a medicine ball or light plate. 171 lb is not realistic or safe for this movement. Even advanced lifters use much lighter weights (often 20–45 lb) for this core exercise.
- **Side Lifts (each side):** 3 sets × 3 reps @ 200 lb

- **Clarity:** "Side Lifts" is ambiguous, but if referring to lateral raises or similar, 200 lb per side is not feasible. Lateral raises are usually performed with 10–40 lb dumbbells for most people.
- **Realism:** 200 lb per side is extremely heavy for any lateral or side movement, suggesting a possible error.

Additional Activities

- **Swimming & Aqua-Fitness:** Excellent for cardiovascular health, mobility, and recovery.
- **Martial Arts (Gungfu/Goju-Ryu/VARTS):** Good for coordination, flexibility, and functional strength.
- **Mobility & Dynamic Stretching:** Essential for injury prevention, flexibility, and performance.

Summary Table

Exercise	Sets × Reps	Weight	Notes/Realism
Wide Squat	3 × 3	999 lb	Extremely heavy, likely unrealistic
Russian Twist	3 × 3	171 lb	Unrealistically heavy for this move
Side Lifts	3 × 3	200 lb (each)	Unrealistically heavy for lateral work

Interpretation

- **If these are actual numbers:** They are astronomically high and likely not achievable or safe for any human.
- **If these are typos or jokes:** Please clarify the intended weights and movements.
- **If these are goals or fantasies:** Aim for realistic, progressive overload based on your current abilities and safety guidelines^[8] ^[9].

Recommendations

- **Check your numbers:** Ensure weights are realistic and achievable for your level.
- **Focus on form and safety:** Always prioritize technique and safety over sheer weight^[9] ^[10].
- **Progressive overload:** Gradually increase weight as you get stronger, using established routines like the Big 3 for best results^[9].

If you need a realistic workout plan or have questions about form or programming, feel free to ask!

SideLifts is one handed sideward DeadLift, left and then right

Thank you for clarifying. What you are referring to as "SideLifts" is more commonly known as a **one-arm (one-handed) sideward deadlift**—sometimes called a suitcase deadlift or one-arm barbell deadlift—where you perform the movement first on one side (left), then the other (right) [\[11\]](#) [\[12\]](#) [\[13\]](#).

Here's how to perform this exercise, with notes on the weight you mentioned:

One-Arm Sideward Deadlift (Suitcase Deadlift) Technique

- **Setup:**
 - Place a barbell or dumbbell on the floor beside your foot.
 - Stand with feet hip- to shoulder-width apart.
- **Grip:**
 - Bend at the knees and hips, keeping your chest up and back flat.
 - Grab the weight with one hand (palm facing your body).
- **Lift:**
 - Press through your heels and stand up, keeping the weight close to your body.
 - Maintain a neutral spine and keep your core braced throughout.
 - At the top, your hips and knees should be fully extended.
- **Lower:**
 - Reverse the movement and return the weight to the floor under control.
- **Alternate:**
 - Complete the set on one side, then switch to the other side [\[11\]](#) [\[12\]](#) [\[13\]](#).

Muscles Worked

- **Primary:** Glutes, hamstrings, core (obliques, abs), back (spinal erectors), grip.
- **Secondary:** Shoulder stabilizers, hip abductors/adductors.

Realism of Weight

- **200 lb per side:**
 - This is extremely heavy for a one-arm deadlift. Most advanced lifters use much less weight for this movement—often 50–100 lb with a dumbbell or barbell, depending on grip strength, stability, and experience.
 - Performing 3 reps at 200 lb per side would be world-class and is not realistic for the vast majority of people. If you are training at this level, ensure you have exceptional grip and core strength, and always prioritize safety [\[11\]](#) [\[13\]](#).

Summary Table

Exercise	Sets × Reps	Weight (per side)	Notes/Realism
One-arm side deadlift	3 × 3	200 lb	Extremely heavy, elite only

Key Tips

- **Start light** and focus on form and balance before increasing weight ^[12] ^[13].
- **Keep your core braced** and avoid twisting your torso.
- **Use a mixed grip or straps** if grip is a limiting factor at heavy weights.
- **Alternate sides** after each set.

If you are truly lifting 200 lb per side for reps in this movement, you are at an elite level of strength and stability. For most people, this weight is far beyond what is recommended or safe for this exercise. Always ensure you are using appropriate weight for your ability and goals.



The Wide squat is on a squat and leg press machine and then dumbbells, barbells, fatbells

Thank you for clarifying your wide squat setup. Here’s how your wide squat approach—using a squat/leg press machine, dumbbells, barbells, and fatbells—compares in terms of effectiveness and practicality:

Wide Squat Methods Comparison

Equipment Used	Muscles Worked	Stability/Control	Functional Strength	Safety & Accessibility
Squat/Leg Press Machine	Quads, glutes, hamstrings	High (fixed path)	Lower	Very safe, beginner-friendly ^[14] ^[15]
Dumbbells	Quads, glutes, hamstrings, core, stabilizers	Moderate	Moderate	Safe, versatile
Barbells	Quads, glutes, hamstrings, core, stabilizers	Requires most control	Highest	Requires skill, spotter possible ^[14] ^[16]
Fatbells	Quads, glutes, hamstrings, core, grip, stabilizers	Slightly more than dumbbells	Moderate	Safe, unique challenge

Key Points

- **Squat/Leg Press Machine:**
 - Allows you to perform wide squats or leg presses with a fixed, guided motion, reducing the need for balance and core engagement^{[14] [15]}.
 - Focuses mainly on the prime movers (quads, glutes, hamstrings).
 - Safer for beginners or those with balance/mobility issues.
 - Less functional strength development compared to free weights^{[14] [17]}.
- **Dumbbells:**
 - Requires more core and stabilizer engagement than machines.
 - Easier to adjust foot stance and width.
 - Good for unilateral or bilateral wide squat variations.
- **Barbells:**
 - Maximizes muscle activation, core stability, and functional strength^{[14] [17] [16]}.
 - Requires the most skill and coordination.
 - Best for progressive overload and full-body integration.
- **Fatbells:**
 - Provides a thicker grip, increasing grip and forearm engagement.
 - Slightly more challenging to stabilize than standard dumbbells.
 - Good for variety and grip strength.

Practical Recommendations

- **For Hypertrophy or Targeted Muscle Growth:**
 - Use the squat/leg press machine for focused leg work, especially after free-weight squats^{[14] [15]}.
- **For Functional Strength and Athleticism:**
 - Prioritize barbell and dumbbell wide squats to develop core, balance, and coordination^{[14] [17] [16]}.
- **For Variety and Grip Strength:**
 - Incorporate fatbells for added grip challenge and muscle engagement.

Summary

Your approach of using multiple tools for wide squats is versatile and can target different aspects of strength and muscle development. Machines offer safety and focus, while free weights (dumbbells, barbells, fatbells) build functional strength and stability. Mixing both can optimize your leg training routine.



Full Range obliques 3*3@100+lb.

Performing **full range obliques 3×3 @ 100+ lb** is a very advanced and specific goal for oblique/core training. Here's what you need to know about programming heavy oblique work and what "full range obliques" might mean in this context:

Understanding "Full Range Obliques"

- **Definition:**
 - "Full range obliques" is not a standard term in mainstream fitness, but it likely refers to exercises that take the obliques through their full range of motion—meaning maximal lateral flexion and/or rotation.
 - Common exercises that fit this description include **weighted side bends, Russian twists with heavy weights, landmine rotations, and barbell/cable oblique crunches** ^[18] ^[19] ^[20].
- **Examples:**
 - **Weighted Side Bends:** Holding a dumbbell or barbell and bending laterally at the waist.
 - **Russian Twists:** Sitting with legs bent or lifted, rotating the torso side to side with added weight.
 - **Landmine 180s:** Rotating a loaded barbell from side to side while standing or kneeling.

Feasibility and Safety of 100+ lb

- **Weight:**
 - Lifting 100+ lb for oblique-specific movements is extremely heavy and rare.
 - Most people use much lighter weights (20–50 lb) for weighted side bends or Russian twists, even at advanced levels.
 - Some elite athletes or strongmen may use heavier loads for landmine rotations or side bends, but 100+ lb is at the very high end and requires exceptional core and grip strength.
- **Form & Safety:**
 - Heavy oblique work increases risk of lumbar spine strain if form is not perfect.
 - Ensure you maintain a neutral spine, avoid excessive forward or backward lean, and keep movements controlled ^[19] ^[20].
 - Consider using a belt for heavy weighted side bends if you are experienced and comfortable with it.

Sample Workout Structure

If you intend to perform "full range obliques" at 100+ lb for 3 sets of 3 reps, here's how you might structure it:

Exercise	Sets × Reps	Weight	Notes
Weighted Side Bend	3 × 3	100+ lb (each)	One-handed, alternate sides
Landmine Rotation	3 × 3	100+ lb	Rotate barbell from side to side

Note: Always start with a warm-up and use a weight you can handle with strict form. Progress gradually.

Additional Tips

- **Warm Up:** Start with lighter weights and bodyweight oblique exercises.
- **Focus on Control:** Avoid using momentum; move slowly through the full range.
- **Balance with Core Stability:** Include exercises that challenge anti-rotation and stability (e.g., Pallof press, plank variations) ^[18] ^[19].
- **Recovery:** Allow adequate rest between heavy oblique sessions to prevent overuse injuries.

Summary

Performing “full range obliques” at 3×3 with 100+ lb is an advanced goal, typically achieved with weighted side bends, landmine rotations, or similar heavy loaded oblique movements. Ensure strict form and consider your experience and safety before attempting such heavy loads ^[19] ^[20]. Most people will benefit from lower weights and higher reps for oblique development and injury prevention.

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1. <https://www.youtube.com/watch?v=v2ukjHXbXVo>
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